



# ADVISORY COMMITTEE

## Members:

Silvia Rodriguez (Chair), Robin Blanks, Emily Bowen, Carolyn Curtis, Jose Goris (Vice Chair), Heidi Keiser, Edward Lewis, Megan Masten, Pooja Mittal, Tanya Morgan, Alexxandria Paige, Tony Smith, Ricki Townsend, Walter Wyniarczuk

## MEETING AGENDA

**October 14,  
2022**

**2:00-3:30PM**

**THIS MEETING WILL  
BE A HYBRID MEETING.  
PARTICIPANTS MAY  
JOIN IN PERSON AT:**

**2750 Gateway Oaks Dr  
Suite 330  
Sacramento, CA**

**OR PARTICIPANTS MAY  
JOIN BY ZOOM:**

Join Zoom Meeting:

<https://saccounty-net.zoomgov.com/j/1618137893?pwd=S2UzVkhuOOR0SDVUakR6NUZneGVROT09>

Meeting ID: 161 813  
7893  
Passcode: 569066  
Call-in: 1 669 254 5252

- |   |            |
|---|------------|
| <b>1. Call to Order/Roll Call</b>   | 2 minutes  |
| <b>2. Welcome &amp; Introductions</b>   | 5 minutes  |
| <b>3. Public Comments on Off-Agenda Items</b>   | 2 minutes  |
| <b>4. Approve Minutes from Aug 12, 2022</b>   | 2 minutes  |
| <b>5. Executive Director Update</b>   | 5 minutes  |
| <b>6. 2024 First 5 Strategic Planning Update</b>  | 20 minutes |
| <ul style="list-style-type: none"><li>• Approve Creation of Ad hoc Committee</li><li>• Approve Advocacy Letter Concept</li></ul>    |            |
| <b>7. Introduction: Parent Leadership Training Institute</b>  | 20 minutes |
| <ul style="list-style-type: none"><li>• Program Overview</li><li>• Civic Design Team Members</li><li>• Parent Recruitment</li></ul> |            |
| <b>8. Member Announcements/Comments</b>   | 2 minutes  |
| <b>9. Adjourn</b>   |            |



**ADVISORY COMMITTEE**  
DRAFT ACTION SUMMARY

August 12, 2022 - 2:00 PM

**Members:** Silvia Rodriguez (Chair), Robin Blanks, Emily Bowen, Carolyn Curtis, Junior Goris (Vice Chair), Heidi Keiser, Ed Lewis, Megan Masten, Pooja Mittal, Tanya Morgan, Alexxandria Paige, Tony Smith, Ricki Townsend, Walter Wyniarczuk

**Staff:** Julie Gallelo, Executive Director  
Stephanie Wills, Clerk of Commission  
Erin Maurie, Communications and Policy Director

**Absent:** Robin Blanks, Megan Masten, Junior Goris, Alexxandria Paige

1. Call to Order/Roll Call

**ACTION:** The Zoom Meeting was called to order at 2:05 PM. A quorum was established.

2. Welcome and Introductions

3. Public Comments on Off-Agenda Items  
None at this time.

4. Approval of the Draft Action Summary from June 10, 2022

**ACTION:** Motion to approve from Ed Lewis, seconded by Ricki Townsend and Pooja Mittal. Motion passes.

5. Commissioner Meet & Greet: David Gordon, Sacramento County Superintendent of Schools

Dave Gordon has served on the First 5 Commission for over 10 years and also sits on the First 5 Evaluation Committee. For 18 years, Dave has been the Superintendent of Schools for the Sacramento County Office of Education (SCOE). Prior to that, he worked as the superintendent for the Elk Grove Unified School District. There are several programs that Dave oversees as it relates to early learning and care support: Raising Quality Together, Preschool Bridging Model and Help Me Grow. Additionally SCOE engages in community projects with various local and state organizations to provide counseling and workforce development to providers. Behavioral health is a growing effort at school sites with a focus to create a 'center of wellness' with preventative care. All SCOE's programs are built on the foundation of

sustaining long term funding. Dave sits on several boards including SETA and the state mental health board.

Committee members engaged with questions about underserved schools, childcare and transportation.

6. Executive Director's Report

Julie Gallelo shared highlights from the August 1 Commission Meeting and reminded committee members of the October 3 Strategic Planning Retreat. Other highlights were: Afghan Refugee Services Funding Awarded, Baby Formula Shortage, Building Strong Families Program and Commissioner Updates.

7. 2024 First 5 Strategic Planning

- Overview & Timeline
- Data Review: Countywide Trends/Disparities
- Community Voice Survey Outreach

The Seed Collaborative Consultants, overseeing the 2024 Strategic Planning process, were introduced to the Commission at the August meeting. Lindsay shared their presentation and provided an overview of the planning process, the timeline, and engaged the Committee Members in a discussion about the upcoming process and expectations.

First 5's evaluation consultants, Applied Survey Research (ASR), presented key findings from two reports: the Sacramento County Trend Report and the Racial Equity Snapshot. The trend report showed progress and the need for improvement toward early childhood outcomes outlined in our seven strategic result areas. The Racial Equity Snapshot provided a cross-sector data review and findings to approach addressing disparities. The data in both these reports will play a key role in the Strategic Planning Process.

Lindsay updated members on the Parent Survey—the timeline, goals and the need for committee members to help disseminate the survey via email, by flyer and social media.

8. Refugee Family Support Grant

First 5 Sacramento was awarded \$570,351 from First 5 CA to launch new services for recently arrived refugee families with children ages birth through 5. The funding will be distributed to five local agencies that will hire bilingual, culturally responsive navigators to help families access local services and provide them with support. Additionally, funding will allow for workshops, access to mental health support, and the distribution of basic needs. The program will begin on September 1, 2022 and continue for 12 months. Staff are negotiating contracts with the following five agencies to provide direct services to refugee families: Refugee Enrichment Development Association, Muslim American Society Social Services Foundation, Mutual Assistance Network, Public Health Institute and NorCal Resist.

9. Member Announcements/Comments

Silvia, Walter, Heidi and Tony agreed to form a subcommittee to review the county trend data and draft a letter to the Commissioners with recommendations.

Adjourned: 3:35 p.m.

Respectfully submitted,

Erin Maurie  
First 5 Sacramento Commission

**FIRST 5 SACRAMENTO COMMISSION**  
**Advisory Committee Update**  
**October 2022**

**HIGHLIGHTS OF LAST COMMISSION MEETING – October 3, 2022**

- Strategic Planning Retreat

**UPCOMING AGENDA ITEMS- November 7, 2022**

- Advisory Committee:
  - Appoint Katie Andrew to Oral Health Seat
  - Appoint Jennifer Mohammad to Preschool Seat
- Nominate and Appoint 2023 Commission Vice Chair
- Approve Community Based Child Abuse Prevention ARPA Revenue Agreement with DCFAS and an Expense Contract with the Child Abuse Prevention Center to Implement Safe Sleep Baby Health System Expansion
- Approve Contract Amendment with Sacramento County Office of Education to Partner with Child Action Inc. in the Creation of a Countywide Childcare Coalition
- Approval of Contract Amendment with Her Health First to Support the Sacramento Maternal Mental Health Collaborative
- Public Hearing: Review and Adoption of the F5 Sacramento FY21/22 Financial Audit
- Public Hearing: Review and Adoption of the F5 Sacramento FY21/22 Annual Report to the Legislature
- Approval of 2024-2027 Strategic Plan Decision Points:
  - Mission, Vision, Foundational Principles
  - Long-term Strategic Priorities

**FIRST 5 SACRAMENTO GENERAL UPDATES**

**Countywide Child Abuse Prevention Planning**

First 5 staff are participating in several unique child abuse prevention planning groups, all working toward the goal of reducing substantiated cases of child maltreatment (primary prevention) and recurrence of maltreatment (secondary and tertiary prevention). These cross-systems collaboratives include:

- Child Safety Forward Sacramento (Prevention Cabinet)
- Sacramento Children's System of Care (AB2083)
- Family First Sacramento (Families First Prevention Services Act)

First 5 has long been a funder of direct services, specifically Birth & Beyond, but has recently taken a much larger role through these cross systems groups to improve policies, practices and partnerships. Accomplishments to date include an MOU with many child & family servicing systems that identifies the action that all involved (County Departments, non-profits, funders, etc.) will take to prevent child abuse. A child abuse prevention strategic plan is in development that seeks to eliminate child abuse deaths

and near fatalities in Sacramento. And, we are simultaneously working on the County's application for funding under the Families First Prevention Services program, which will bring significant funding to DCFAS for all levels of prevention (including primary).

### **Building Strong Families Program**

In partnership with the Department of Child, Family and Adult Services (DCFAS), Building Strong Families (BSF) will officially begin in September. During the first quarter, First 5 will coordinate with DCFAS to develop a cohort training schedule, finalize the Family Needs Assessment form and the Referral Resource Guide. This program is navigator based and targets families hardest hit by COVID. The Family Support Navigators (from Black Child Legacy Campaign and Birth & Beyond) will connect stressed families to critical services such as home visiting, health and mental health services, transportation, housing and basic needs, with a goal of building stronger families.

### **Member Orientation**

As we have multiple new Advisory Committee members, and some existing members who want to know a bit more about how First 5 operates, the Executive Director will schedule an orientation/update zoom meeting before the end of the calendar year. All members and prospective members are invited. More details to come.



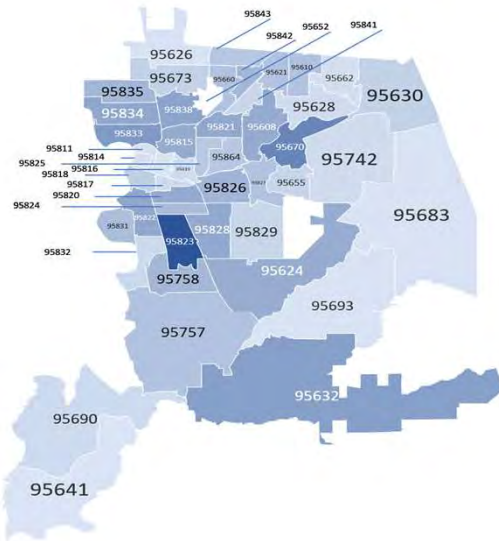
# Strategic Planning Session Two: Assessment Results

First 5 Sacramento  
Commission  
October 3, 2022




## Design & Methodology

### Heat Map of Survey Responses by Zip Code



Number of  
Respondents by Zip  
Code



72  
1

4

<div>SEED COLLABORATIVE</div> <div>Findings</div>	<h2>First 5 Sacramento's Strengths</h2>
	<p>First 5 Sacramento:</p> <ul style="list-style-type: none"> <li>• Is <b>known</b></li> <li>• Has <b>longevity</b></li> <li>• Is well respected as a <b>collaborator</b></li> <li>• Is <b>inclusive</b> of community voice</li> <li>• Has <b>county-wide</b> reach</li> <li>• Has good <b>outcomes</b></li> <li>• Has strong <b>leadership</b>, both at the ED and Commission levels</li> <li>• <b>Connects</b> parents/caregivers to resources</li> </ul> <div>12</div>

<div>SEED COLLABORATIVE</div> <div>Findings</div>	<h2>Areas of Improvement</h2>
	<ol style="list-style-type: none"> <li>1. F5 Sacramento's areas of improvement include <b>offsetting decreasing funding</b> by increasing the following: <ul style="list-style-type: none"> <li>• <b>Leveraging</b> more partnerships/resources;</li> <li>• Gaining more support from <b>elected officials</b>;</li> <li>• Collaborating with <b>schools/school districts</b>; and</li> <li>• Securing more <b>resources</b> for children 0-5.</li> </ul> </li> <li>2. F5 Sacramento could <b>improve upon racial equity, diversity, and inclusion (REDI)</b>; there is a need for: <ul style="list-style-type: none"> <li>• more <b>diversity</b> on the Commission, staff, and decision-making bodies</li> <li>• more <b>transparency</b> on how F5 Sacramento's work relates to REDI</li> <li>• strengthen <b>grantee requirements</b> regarding REDI</li> <li>• a <b>strategic planning</b> process that is informed by REDI and parent/caregiver voice</li> <li>• <b>funding</b> new groups</li> <li>• engaging <b>unserved/underserved</b> communities</li> </ul> </li> </ol> <div>14</div>



<div>SEED COLLABORATIVE</div> <div>Findings</div>	<h2>Opportunities for Strategic Growth</h2>
	<p>Interviewees/focus groups participants suggested:</p> <ul style="list-style-type: none"> <li>• Increasing <b>political will</b> and <b>financial support</b> from public and private agencies;</li> <li>• <b>Messaging</b> that the needs of children 0-5 are greater than current F5 funding and public systems need to meet this funding gap;</li> <li>• Leveraging <b>partnerships</b>;</li> <li>• Developing and implementing a <b>long-term</b> funding plan = wine tax, general funds, cannabis tax</li> <li>• Reaching <b>underserved communities*</b></li> <li>• Centering <b>community voice/expertise</b></li> <li>• Changing <b>policies/systems</b></li> <li>• Leading with <b>REDI</b> work</li> </ul> <div>22</div>

<div>SEED COLLABORATIVE</div> <div>Findings</div>	<h2>Strategic Priorities for Next 3-5 Years</h2>
	<p>Interviewees/focus groups participants suggested:</p> <ul style="list-style-type: none"> <li>• Increasing <b>funding</b>- ex., American Rescue Plan Act, health systems, state, county, and city funds</li> <li>• Increasing resources supporting front line staff on <b>burn out</b></li> <li>• Increasing <b>support/resources</b> for parents/caregivers <ul style="list-style-type: none"> <li>• Parents/Caregivers/Families need <b>employment</b> &amp; direct supports* <ul style="list-style-type: none"> <li>• Parent/Family Empowerment = Developing skills for work</li> </ul> </li> <li>• Teach parents/caretakers how to <b>navigate systems</b></li> <li>• Support parents/caretakers on addressing <b>mental health</b> issues in children and parents/caretakers as a result of COVID*</li> <li>• More opportunities for children and parents/caregivers to <b>socialize</b> with each other, other children and parents/caregivers*</li> </ul> </li> </ul> <div>27</div>

Findings	Strategic Priorities for Next 3-5 Years: Parents'/Caregivers' Perspectives			
		#1	#2	#3
	Health	Access to food	Healthy pregnancy and birth (access to doulas, pregnancy coaches, midwives, mental health services)	Children's behavior and mental health well being
	Child care and early learning	Free or low cost child care	Child care that is high quality	Free or low cost pre school
	Family empowerment	Immediate support (such as financial, food, and diapers) in times of crisis	Referrals and connections to needed resources	Help with homelessness or stable housing

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Findings	The Role of REDI in F5 Sacramento's Future Impact	
	<p>Interviewees/focus groups participants suggested:</p> <ul style="list-style-type: none"> <li>• Message F5 Sacramento's work in context of <b>Targeted Universalism</b> (TU)</li> <li>• Address <b>institutional racism</b>, including: <ul style="list-style-type: none"> <li>• <b>Internal</b> programs</li> <li>• Funded <b>partners</b></li> <li>• <b>Systems</b> where F5 Sacramento has influence</li> </ul> </li> <li>• For board to <b>evolve</b> we must move past how we have done business in the past</li> <li>• Create long term <b>leadership plan</b> for staff and Commission, that will increase diversity</li> <li>• Engage in <b>capacity building</b> of BIPOC-led and focused CBOs in marginalized communities</li> </ul>	

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Findings	<b>The Role of REDI in F5 Sacramento's Future Impact: Parents'/Caregivers' Perspectives</b>			
		#1	#2	#3
	<b>Making services more fair and just</b>	Locate services in the neighborhoods where services are needed most	Reach children and families with the highest needs	Hire staff who reflect the families they serve
	<b>Promoting racial equity in F5 Sacramento's Work</b>	Make sure programs are sensitive to the cultures of families	Include parent/community voice in program planning and decision making	Make sure programs focus on the strengths of different cultures and how they raise their children
	<b>Centering parent/caregiver voices</b>	Provide parent leadership opportunities with decision-making power (on the Commission, on F5 Sacramento committees, etc)	Create ways to provide ongoing feedback to the Commission	Hold regular community listening sessions in the home languages of the community
				32

Findings	<b>What Makes Parents/Caregivers Feel Most Safe and Supported: Parents'/Caregivers' Perspectives</b>			
		#1	#2	#3
	<b>When receiving medical, dental, and mental health services</b>	Feeling like my provider takes the time to listen to me	Knowing that I am receiving quality care	Getting all my questions answered
	<b>When participating in child care and early learning programs</b>	Knowing that my child is receiving quality care and is safe	Feeling welcome and having opportunities to be involved	Feeling valued as a parent
	<b>When participating in parenting support programs</b>	Feeling welcome and having opportunities to be involved	Knowledgeable staff	Getting all my questions answered
				33

SEED COLLABORATIVE	Findings	<h2>External Barriers/Threats: Interviewees &amp; Focus Group Participants' Perspectives</h2> <p>Interviewees/focus groups participants flagged the following as external barriers/threats:</p> <ul style="list-style-type: none"> <li>• The public is not convinced of the <b>value</b> of investing in children's well-being and the central role of families in promoting children's wellness;</li> <li>• Sustained <b>funding</b>;</li> <li>• Grantees' <b>capacity</b>;</li> <li>• Grantees' commitment to <b>REDI</b>;</li> <li>• <b>Environmental impacts</b> given climate change; and</li> <li>• <b>Outdated</b> program models.</li> </ul>
		35

SEED COLLABORATIVE

Findings

## Barriers/Threats: Parents'/Caregivers' Perspectives

	#1	#2	#3
Health	Cost/insurance (lack of insurance, high co-pays and deductibles)	Getting time off work to take child to appointments	Challenges with getting an appointment (appointments not available, too far out, or not at times we can get to)
Child care and early learning	Cost	Not knowing where to go to get services, or how to enroll	Programs not offered evenings and weekends
Family empowerment	Not knowing that services exist, where to go to get services, and how to enroll	Programs not offered evenings and weekends	No child care provided

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SEED COLLABORATIVE	Findings	<h2 data-bbox="391 212 1344 264">F5 Sacramento's Unique Position for Change</h2> <p data-bbox="391 323 1382 415">Data findings support interrelated qualities that make F5 Sacramento uniquely positioned for change, including:</p> <ul data-bbox="391 422 1471 953" style="list-style-type: none"> <li data-bbox="391 422 1443 514">• Their <b>longevity</b>- i.e., 20+ years of experience and learning in early child development systems;</li> <li data-bbox="391 520 1414 613">• Their history of developing strong, cross sector (public, philanthropic, community, and other) <b>relationships</b>;</li> <li data-bbox="391 619 1370 711">• Their status as an <b>independent</b> county agency to influence public systems;</li> <li data-bbox="391 718 1333 758">• Their highly effective role as a <b>convener</b> in Sacramento County;</li> <li data-bbox="391 764 1414 856">• Their ability to <b>attract and manage</b> funding (Prop 10, leveraged, and other funds); and</li> <li data-bbox="391 863 1471 953">• Their <b>commitment</b> and <b>positive impact</b> on systems prioritizing prenatal to age 5.</li> </ul>
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# NATIONAL PARENT LEADERSHIP INSTITUTE

## 2020 EVALUATION SUMMARY

**“Our 3-year evaluation showed that NPLI is an effective leadership development initiative that leads to profound changes in parents’ civic, personal, and family lives. These changes are the result of PLTI’s intentional efforts to develop relationships across difference, to treat each parent with dignity, and to empower parents to lead through developing their civic knowledge and skills.”**

**- Joanna Geller, NYU Metropolitan Center for Research on Equity**

## Parents, Policy & Partnerships

### The Need

Today we live in a world where divides continue to grow. Despite diversity growing in our country, division across difference - whether it's a different race, culture, or political party- is also growing. People trust each other less, and trust the community institutions intended to protect and enhance the community less. Civic Engagement has decreased over the last 50 years. The gulf between decision makers and those impacted by decisions has often been vast, and that does not show signs of narrowing in many communities.

These separations are physically evident in our cities and neighborhoods, falling along race and class lines. And in an ever deepening political divide, where it's becoming difficult to nail down biases, we struggle to find truth and connect with each other in spaces where we do not agree. The fabric of democracy is becoming increasingly frayed, especially among those who have been historically disenfranchised, and failed due to institutional racism and social injustices. *How can we make necessary changes when we are not all sitting at the same decision-making table?*

### Building Bridges

To strengthen democracy and to improve policies for children, families, schools, and communities, bridges need to be built across difference. We need to deepen our understanding of what is affecting each other's lives, to co-identify problems and co-create solutions. Decisions and policies that affect families should be made with the needs and inputs of families. But too often arenas do not intentionally prepare to welcome parents to the table. And, too often, parents don't feel prepared or ready to join the conversation.

### What is NPLI?

The National Parent Leadership Institute increases the presence and power of parents and families at decision making tables and in community problem solving spaces by:

- Growing the leadership capacity of parents, through the Parent Leadership Training Institute; *and*
- Connecting parents to leadership and advocacy opportunities through local and national networks; *and*
- Partnering with local organizations and local government; *leading to*

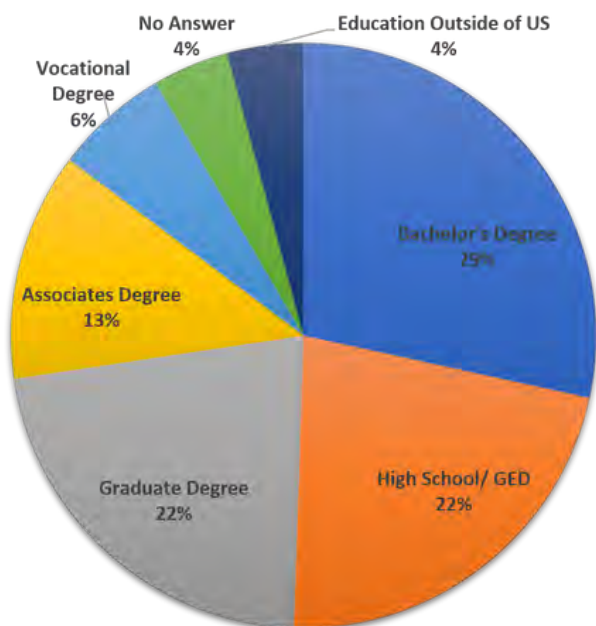
Statistically significant outcomes for graduates, immediately, and over time.

***Our alumni continue to increase in their political and personal agency, as evidenced by our longitudinal outcomes.***

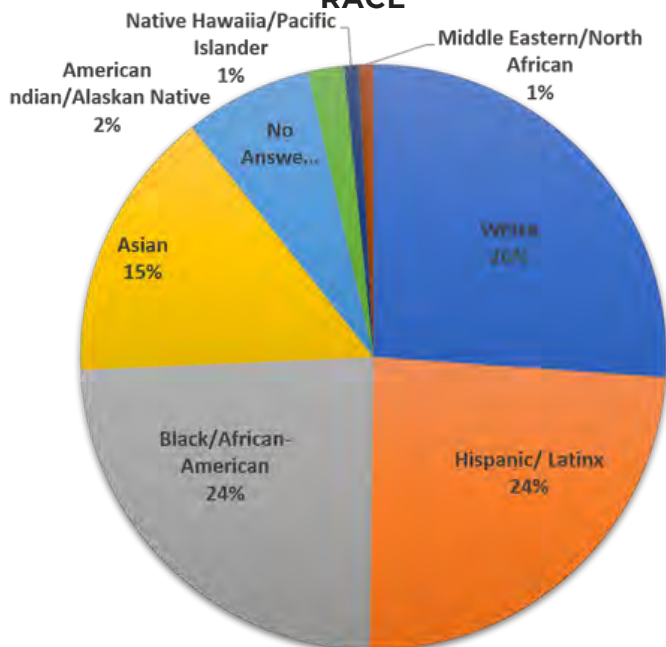
# Who are NPLI Parent Leaders?

Each of the 62 PLTI communities from Hawaii to Massachusetts build local Parent Leadership Training Institutes, establishing intentionally diverse groups for their 20-week cohort training. This diversity is cultivated to reflect the demographics of the local context to the greatest extent possible—across race, ethnicity, country of origin, age, education, income, political partisanship, gender and sexual preference.

**EDUCATION LEVEL**



**RACE**



## Parent Leaders tell us...

*"After PLTI I am more open minded, [as] opposed to the tunnel vision that I used to have; I understand other people go through struggles, even those who don't look like me."*

*"Love. We have this whole other family with PLTI. When we see each other, we're excited, trying to find out what each other is doing. So, it's love. Each year it grows."*

***"I'm connected with people outside my circle now. My circle is bigger and it doesn't look just like me."***

*"Being in PLTI helped me better understand where others start and come from. The diverse class showed different circumstances and concerns from my own."*



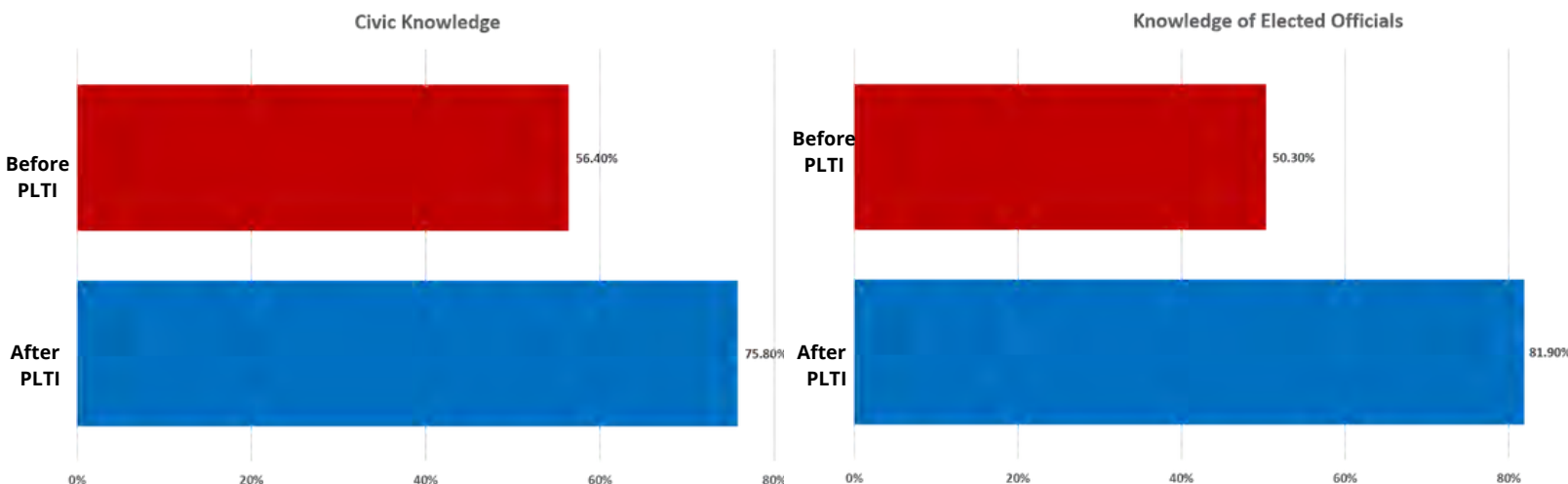
# Growth in Civic Knowledge & Skills



**Civic Knowledge** consists of: considering alternative viewpoints, appreciating diversity, understanding the role of citizens in the political process and formation of public policy, monitoring and understanding current events, and thinking critically about political information.

**Civic Skills** include: Public speaking and personal communication skills, coalition- and community-building, organizing and advocating for change.

NPLI engages NYU's Metro Center in ongoing evaluation of parent leaders before their PLTI experience, after their PLTI experience, and longitudinally as alumni, measured through pre- and post-surveys, as well as through interviews.

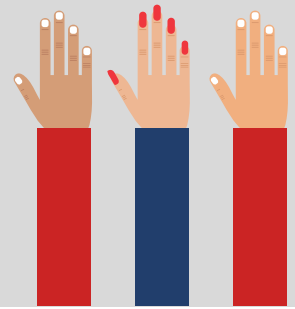


*"[PLTI] me ha cambiado mucho, primero que todo el descubrir de que mi voz cuenta ...el alcalde se sienta a escuchar mis quejas; yo en mis años de estar aquí nunca pensé como que yo odia hacer una cita con él e ir a hablar con él y que él se sentaba escucharme. Yo pensaba que esto era solamente para las personas que tienen puestos o cargos."*

*"[PLTI] has changed me a lot, first of all discovering that my voice counts...the mayor sits down to listen to my complaints. In my years of being here, I never thought that I could make an appointment with him and go talk to him and that he would sit and listen to me. I thought that this was only for people who have high positions or posts".*

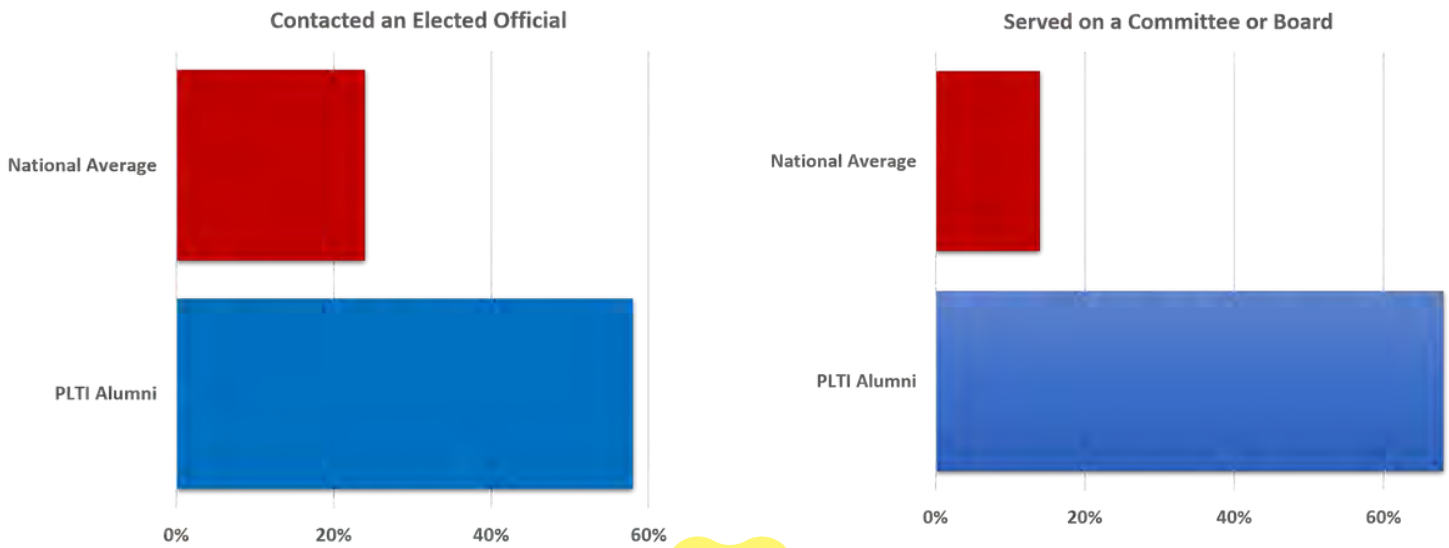
*"I testified in front of the House Ways and Means Committee for WA last January. I have been asked by two different organizations to make a trip to DC for advocacy work on a national level."*





# Growth in Civic Action

PLTI parent leaders grew their leadership skills and civic knowledge to become more deeply engaged in their schools and communities. PLTI parents worked together to address issues in their neighborhoods, contributed to community initiatives, shaped school and family policies, joined and led school committees, met with elected officials, and ran for elected office.



31% of PLTI alumni across the U.S. have worked to register voters

*"I have worked in engaging others of my community to do and to work in our community's schools."*

*"I am currently in discussion with my community library about creating opportunities for our neighbors to volunteer and mentor in."*

*"I work with a public defender in making brick and mortar businesses websites accessible for the blind community."*

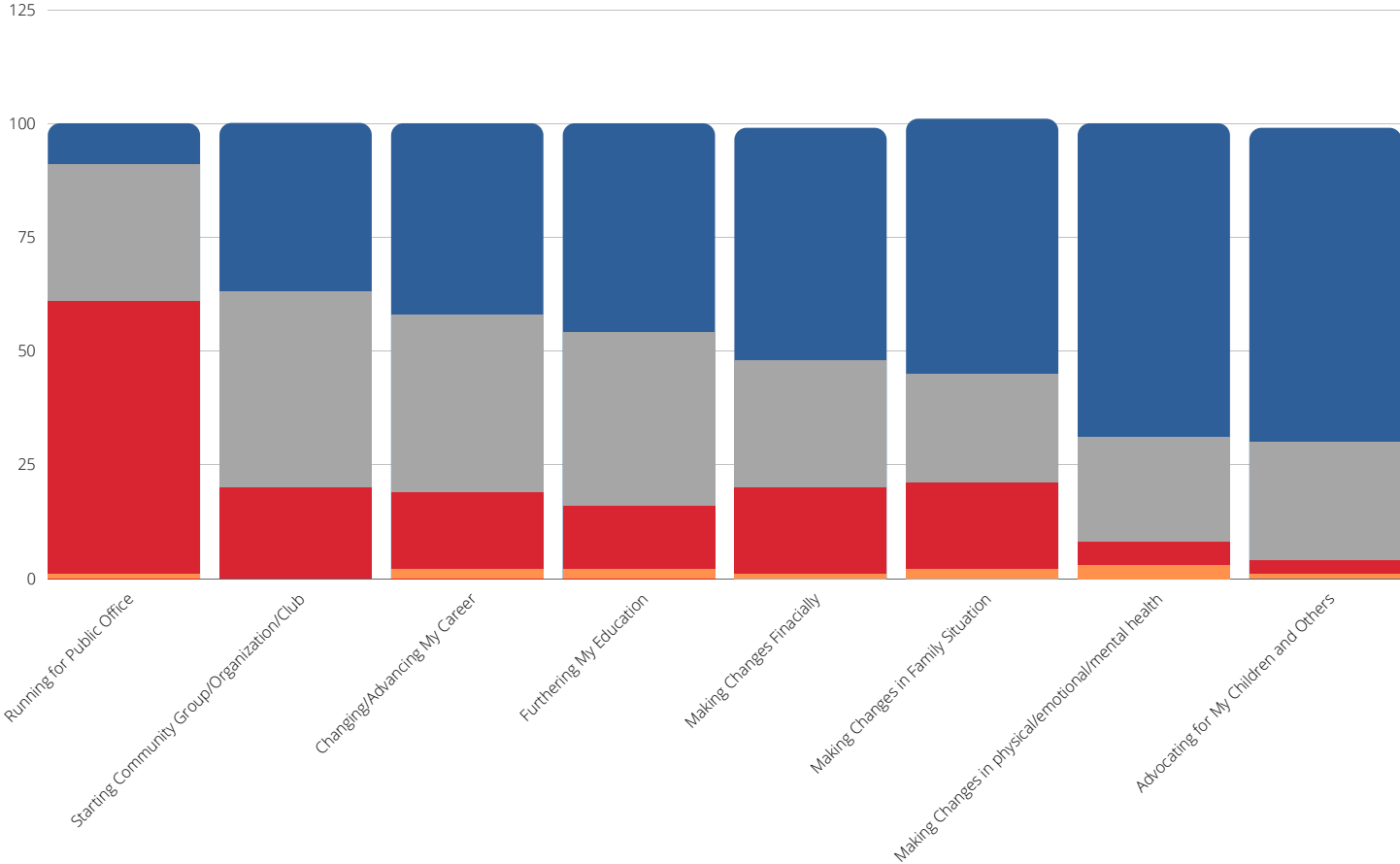
*"Mainly focused on raising the profile of my neighborhood association and doing outreach to make it a more inclusive network. Working to save our local community center from further neglect."*

*"A number of our PLTI graduates over the years have become involved in the community. They sit on boards. They run for office. They're part of the city council. They're part of the Board of Ed, and that's what it's all about, you know? Leadership taking authority for your own issues."*

# Growth in Personal Leadership



The experience of the Parent Leadership Training Institute brings parent leaders into a community devoted toward making change. As parents gain civic leadership skills, they build new capacities within themselves that lead them to personal transformation. Through the experience of PLTI, they begin to make changes, and we see those changes continue for years after graduation from the cohort.



*El impacto ha sido positivo hasta en mi familia, porque yo siempre he sido de las personas que me gusta superarme porque yo pienso que cuando hay educación hay mejor nivel de vida para uno mismo, si tú conoces qué leyes te soportan y qué es lo que a ti te va a ayudar, a tu familia le va a servir, porque no es que tu estés perdiendo el tiempo, no, estás ganando conocimientos para poder soportar a tu misma familia.*

*The impact has been positive even in my family, because I have always been someone who likes to improve myself, because I think that when there is education there is a better life for oneself. If you know what laws support you and what is going to help you, it will serve your family, because you are not wasting your time, no, you are gaining knowledge to support your family.*

***This document was created as part of a research partnership with the NYU Metropolitan Center for Research on Equity. Full report can be requested from the National Parent Leadership Institute.***

**Contact [jennifer.parentswholead@gmail.com](mailto:jennifer.parentswholead@gmail.com)**

**ParentsWhoLead.org**



**NATIONAL  
PARENT  
LEADERSHIP  
INSTITUTE**

# Make a Difference in Your Community

## Apply today for the Parent Leadership Training Institute!

The Parent Leadership Training Institute (PLTI) is a **free civics and leadership course** that empowers parents and caregivers to become leading advocates for children.



The Parent Leadership Training Institute

SACRAMENTO

**APPLY NOW AT [WWW.FIRST5SACRAMENTO.NET](http://WWW.FIRST5SACRAMENTO.NET)!**

### Participants are offered three phases of training:



A one-day retreat to develop group cohesion and define mission.



A 10-week course on parent leadership, understanding personal history and its impact on perception.



A 10-week course on politics, policy and media. Each participant will receive support in developing their own community project to effect change.

**Sacramento County** parents, grandparents, foster parents and other **adults who wish to improve the lives of children** and families in their communities.

### WHO SHOULD APPLY?

### HOW ARE PARTICIPANTS SELECTED?

Participants will be selected with consideration given to their **ability to attend the entire session** and to the **diversity** of the group as a whole.

### What will participants learn?

**RETREAT:** Creating a Caring Community for Children

**WEEK 1:** Thriving with Diversity

**WEEK 2:** How Changes Happen for Children

**WEEK 3:** Parents as Change Agents

**WEEK 4:** How to Investigate a Problem and Work Toward a Solution

**WEEK 5:** The Power of Language

**WEEK 6:** Learning How the Community Works

**WEEK 7:** How Local Systems Work

**WEEK 8:** Networks

**WEEK 9:** The Power of the Media

**WEEK 10:** Using Your Voice

**WEEK 11:** Life Cycle of a Child/Family Functions

**WEEK 12:** The Social and Economic Forces Impacting Children

**WEEK 13:** What is Public Policy?

**WEEK 14:** How Does State Government Work?

**WEEK 15:** How Does City Government Work?

**WEEK 16:** How do We Understand the Law?

**WEEK 17:** Budgets

**WEEK 18:** Evaluation, Outcomes and Accountability

**WEEK 19:** The Magic of Unexpected Alliances

**WEEK 20:** Putting it all Together

**GRADUATION**

### PLTI provides:



Free, on-site childcare during sessions



Free on-site meals for participants and their families



Transportation assistance if needed

### Important Dates

**Applications Due**  
November 10, 2022

**Participant Selection**  
December 2022

**Community Building Retreat**  
January 7, 2023  
9 a.m.-5 p.m.

**First Class Session**  
Wednesday,  
January 11, 2023

Weekly sessions are held each Wednesday from 5-8:30 p.m.

For more information and to receive an application, contact [SacramentoPLTI@gmail.com](mailto:SacramentoPLTI@gmail.com).



health net



PLTI is a family civics initiative created by the Connecticut Commission on Children – now known as the CWCSEO.